

Children and the Flu

In light of the arrival of this year's flu season, the Bureau of Child Care would like to remind parents and child care providers about the steps they can take to help prevent illness:

- Flu vaccinations are still available and recommended for anyone 6 months and older.
- Wash your hands properly and frequently.
- Cover your mouth when you cough or sneeze, preferably with your arm or a tissue.
- Stay home from school/work when you are sick to help prevent the spread of germs.

For more information, click on any of the following:

[Influenza Hitting Early and Hard in Indiana](#)

[Centers for Disease Control and Prevention](#)

[The Flu: A Guide for Parents](#)